### ACHIEVEMENT OF THERAPEUTIC OBJECTIVES SCALE - 20 Point Brief Rating Guides

**CORE AFFECTIVE CONFLICT:**
1. Anger/Assertion
2. Sadness/Grief
3. Closeness/Tenderness/Love
4. Positive Feelings for Self
5. Sexual Feelings

**SENSE OF OTHERS**
1-20 - Highly maladaptive
21-40 - Very maladaptive
41-60 - Moderately adaptive
61-80 - Very adaptive
81-100 - Highly adaptive

**SENSE OF SELF**
1-20 - Highly maladaptive
21-40 - Very maladaptive
41-60 - Moderately adaptive
61-80 - Very adaptive
81-100 - Highly adaptive

**NEW EMOTIONAL LEARNING:**
1. Ability to express thoughts, feelings, wishes, or needs
2. Activation of affects (verbal or nonverbal bodily signs of arousal)
3. Inhibitory affects (verbal or nonverbal bodily signs of anxiety, guilt, shame, or pain)
4. Motivation to give up maladaptive patterns
5. Insight or awareness into maladaptive patterns

**INSIGHT OR AWARENESS INTO MALADAPTIVE PATTERNS OF THOUGHTS, FEELINGS, AND/OR BEHAVIORS**
81-100 - Excellent recognition of problem patterns. Excellent links to past origin of behaviors. Excellent awareness/insight.
21-40 - Low recognition. Can see problem pattern only when pointed out by therapist. Little/no elaboration. Minimal awareness/insight.
1-20 - No recognition of maladaptive behavior patterns, or unsure when pointed out. May mention anxiety without reference to pattern. No awareness/insight or resists awareness/insight.

**MOTIVATION TO GIVE UP MALADAPTIVE PATTERNS OF THOUGHTS, FEELINGS, AND/OR BEHAVIORS**
81-100 - Excellent motivation to give up maladaptive patterns. Very strong discomfort, sorrow, openness to change. Little/no resistance.
61-80 - Strong motivation to give up maladaptive patterns. Strong discomfort, sorrow, openness to change. Low resistance.
41-60 - Moderate motivation to give up maladaptive patterns. Moderate discomfort, sorrow, openness to change. Moderate resistance.
21-40 - Low motivation to give up maladaptive patterns. Low discomfort, sorrow, openness to change. Much resistance.
1-20 - No motivation to give up maladaptive patterns. Ego-syntonic/desirable. "This is who I am." Almost total resistance.

**ACTIVATING AFFECTS:**
1-20 - Little/no physiological experience of emotion in facial expression, verbal report, tone of voice, body movement, flat, dull, bland presentation.
21-40 - Some indication of emotion. Beginning indications of grief, anger, openness of emotion, care, joy, etc. Much holding back.
41-60 - Moderate experience of emotion. Some grief, some anger, some openness, some trust, some full joy, etc. Some holding back.
61-80 - Strong experience of emotion. Strong affect quickly cut off or sustained but a little held back.
81-100 - Full experience of emotion, well-integrated. Full grief, full openness, full trust, full justification, full joy, etc.

**INHIBITORY AFFECTS:**
1-20 - Little or no inhibitory affect. Little or no compassion, awareness, or resistance.
21-40 - Low inhibitory affect. Low levels of shakiness, hesitancy, vigilance, trembling, anxiety, etc. Moderate levels of uneasiness.
41-60 - Moderate inhibitory affect. Moderate levels of shakiness, hesitancy, vigilance, trembling, anxiety, etc. Slight uneasiness.
61-80 - High inhibitory affect. High levels of shakiness, hesitancy, vigilance, trembling, anxiety, etc. Extreme uneasiness.
81-100 - Extreme inhibitory affect. Extreme levels of shakiness, hesitancy, vigilance, trembling, anxiety, etc. Great uneasiness.

**NEW EMOTIONAL LEARNING:**
1-20 - No expression of adaptive thoughts or feelings. Total holding back. No relief. No satisfaction. High end of this rating level: can begin to imagine expressing adaptive thoughts or feelings, wants and needs, but is as yet unable put it into action.
21-40 - Beginning attempt to express thoughts or feelings. Much holding back. A little relief in expression. A little satisfaction.
41-60 - Moderate expression of thoughts or feelings. Moderate holding back, but moderate effectiveness. Moderate relief. Moderate satisfaction.
61-80 - Excellent expression of thoughts or feelings; slight holding back. Not all expressed, but good sense of relief in speaking up. Good satisfaction.
81-100 - Excellent expression of thoughts or feelings; little or no holding back. Great relief and satisfaction experienced.

**SENSE OF SELF:**
1-20 - Highly maladaptive sense of self; little or no compassion, awareness, or acceptance—over excessive grandiosity.
21-40 - Very maladaptive sense of self; little compassion, awareness, or acceptance.
41-60 - Moderately adaptive/maladaptive aspects of self-image in approximately equal amounts.
61-80 - Very adaptive sense of self; much compassion and acceptance, but some self-blame or shame present.
81-100 - Highly adaptive sense of self; compassionate and accepting of strengths and vulnerabilities.

**SENSE OF OTHERS:**
1-20 - Highly maladaptive sense of others; Little or no compassion, empathy or acceptance. Very much devaluation, idealization or splitting.
21-40 - Very maladaptive sense of others; Some compassion, empathy or acceptance, but much devaluation or idealization.
41-60 - Moderately adaptive as well as maladaptive aspects; Moderate compassion/acceptance/trust, moderate devaluation/idealization.
61-80 - Very adaptive sense of others. Much compassion/acceptance/trust, but some devaluation or idealization.
81-100 - Highly adaptive sense of others. Very much compassion/acceptance/trust in others; little or no idealization or devaluation.

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